

"15. Smile. I can't think of an expression that can have a more positive impact on someone else—and on yourself. It's difficult to be angry or cranky when you're smiling.

"16. Pray for peace. If you believe in prayer, you already understand its power. If you don't, what do you have to lose?

"17. Tell people you love them. It's something you can't do too often. It's something they will never tire of hearing."

Words well spoken, Harry Dietz.

MATERNAL HEALTH CARE

Mr. COSTELLO of Pennsylvania. Mr. Speaker, I rise in support of H.R. 315, the Improving Access to Maternity Care Act.

As we look to strengthen health care, one area where we must continue to show leadership is in the delivery of quality and timely maternal and prenatal care. Certain areas of the country, though, suffer from a shortage of professionals to provide this essential care.

For over 40 years, the National Health Service Corps has helped to place primary, dental, and mental health providers in underserved areas. This bill would use data collected from the National Health Service Corps to designate and place maternal healthcare providers in those areas of the country where they are most needed. This will help to solve the shortage of maternal healthcare professionals and ensure new and expecting mothers have access to the care they need.

Mr. Speaker, the statistics don't lie: mothers without access to prenatal care are more likely to experience serious but avoidable complications during birth, which makes passage of H.R. 315, the Improving Access to Maternity Care Act, which I am proud to support, such an important bill.

CONFRONTING THE REALITY OF HEALTH CARE

The SPEAKER pro tempore. The Chair recognizes the gentleman from Oregon (Mr. BLUMENAUER) for 5 minutes.

Mr. BLUMENAUER. Mr. Speaker, the campaign rhetoric and politics of the last 7 years now must confront the reality of health care.

No political party can repeal the basic economics. All of the features that make health insurance policies better today—the elimination of lifetime limits on health insurance payments; preventing denial for pre-existing conditions; charging women the same premium as men, not more; keeping children on their parents' insurance policies until age 26—are wildly popular, but they all increase the cost of insurance.

We cannot allow people to wait until they are sick to get a policy. That undermines the very concept of insurance, hence, the mandate to have health insurance.

The truth is that the impact of the Affordable Care Act has resulted in

healthcare costs rising more slowly than before the act. We have expanded coverage and subsidized care for millions of Americans, while improving the quality of health insurance. All of these reforms are, in fact, working.

A reckless act to repeal something that is now baked into the healthcare system on which millions of Americans rely and benefit from—indeed, the entire system benefits from—would have serious destabilizing effects beyond the loss of coverage for almost 30 million Americans. Republican efforts to weaken Medicaid for the poor and disabled and undermine Medicare for the elderly means that almost 100 million Americans have their health care at risk.

We will begin the battle fighting any effort by the new administration and the suddenly empowered Republican majority to act on their campaign rhetoric abolishing ObamaCare but not providing a replacement. A repeal without a clear alternative replacement at the same time is unacceptable. It is not just unacceptable to Democrats in Congress. It is unacceptable to millions of recently insured Americans—in fact, millions found in red States—unacceptable to healthcare professionals, insurance companies, hospitals, and the vast array of other people involved with the healthcare industry. Most importantly, it is unacceptable to our families.

The most unpopular feature of ObamaCare was the name, suggesting, perhaps, a simple solution. When identified with the President, the Affordable Care Act provisions were 20 percent more unpopular than when the act was described in exactly the same terms but the name was different. So perhaps we just allow the Republicans to abolish "ObamaCare" and then get back down to work doing what we should have been doing for the last 7 years: making the Affordable Care Act better.

By all means, let's look for ways to make the system less burdensome. We can continue to demand accountability, but allow some competition with value-based purchasing and negotiation of prescription drug prices by the largest pharmaceutical customer in the world: the Federal Government. Dealing with skyrocketing prescription drug prices and other outrageous practices by some in the pharmaceutical industry will find broad support in and out of Congress.

When the Republican majority and the new administration get serious about a replacement that keeps all of their campaign promises and protects the industry from chaos and consumers from loss of essential coverage, there will be plenty of bipartisan cooperation. But any effort of breaking that fundamental promise by denying coverage and upsetting the healthcare marketplace will be met with strong opposition, and, ultimately, they will lose.

For the sake of the American families and the people who provide health care, not only should they lose, they

must lose. We must stand strong and united on that proposition.

TRIBUTE TO DEAN BORG

The SPEAKER pro tempore. The Chair recognizes the gentleman from Iowa (Mr. YOUNG) for 5 minutes.

Mr. YOUNG of Iowa. Mr. Speaker, I rise today to honor veteran Iowa journalist Dean Borg and to offer my congratulations on his upcoming retirement from Iowa Public Television's "Iowa Press."

Dean Borg is a leader in Iowa, in our community, and his contributions to over four decades of "Iowa Press" are unparalleled. His presence on Iowa Public Television's respected weekly news program will surely be missed.

A native of Forest City, Borg attended Iowa State University and began his journalism career at WOI Radio while still a student. Earning degrees in journalism and public education from Iowa State University and the University of Iowa, Borg served as a reporter and later as news director for WMT Radio and WMT Television stations in Cedar Rapids. His career path is an example of how Iowa hard work, talent, and dedication can set you on the path to achieving remarkable successes in life.

Dean Borg's first appearance on "Iowa Press" took place on January 16, 1972, during the program's fourth episode, as a panelist, while still working for WMT News. The other panelists who joined him that day were Iowa State Representative Frank Bowers, a Democrat from Orange City, and John McCormally, of the Burlington Hawk Eye newspaper. Borg later went on to host the television program for decades, providing the insightful commentary and leadership of discussions with numerous guests from around the State and country.

Borg's commitment to Iowa Public Television, work moderating nationally broadcast Presidential debates and beyond, has set the bar high for aspiring journalists in Iowa and across the country.

From his contributions to the show's decades of broadcasts to his documentary reporting from around the world, Dean Borg has spent a career dedicated to providing folks with national and statewide news. With this type of commitment, it is not surprising Borg has interviewed every President since Lyndon B. Johnson and many of the Presidential contenders who travel through our first-in-the-Nation State.

I can attest to Dean Borg's dedication to his craft personally, as I have had the honor of getting to know him—I have been on the "Iowa Press" show with him—as a Member of Congress and throughout my career working for the people of Iowa.

He is the longest serving program host in Iowa Public Television history, a significant feat. He is an award-winning journalist, an Iowa State distinguished alumnus, and a trailblazer in

Iowa journalism, defending the craft and defending journalists.

While Dean will officially retire from "Iowa Press" this month, I look forward to his return for special occasions and live broadcasts.

Dean is the epitome of Iowa nice: a humble, but bold Iowan putting the interests of his fellow Iowans over himself, dedicated to truth, to his craft, and dedicated to service, dedicated to his fellow Iowans. Dean is a very good and true man.

Mr. Speaker, please join me in congratulating Dean Borg on his distinguished career and wishing him the best in his retirement.

Dean, I will miss you. If I don't see you soon, I will see you at the Iowa State Fair.

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DANGERS OF REPEALING THE AFFORDABLE CARE ACT

The SPEAKER pro tempore. The Chair recognizes the gentlewoman from Connecticut (Ms. ESTY) for 5 minutes.

Ms. ESTY. Mr. Speaker, I rise today to encourage my colleagues to put people before politics. As we speak, the Senate is moving to strip millions of families of their healthcare coverage and replace it with, well, nothing.

Now, I know that some of my colleagues ran on a platform of repealing the Affordable Care Act, and now they feel boxed in by politics. But let's be very clear about this. The political stakes of repealing the Affordable Care Act without a replacement are nothing compared to the terrible human cost.

I would like to share with my colleagues the experience of Suzie Clayton, my constituent from North Canaan, Connecticut. "The ACA had a huge, positive impact on my life," Suzie wrote to me last week. Because Suzie is a breast cancer survivor, a pre-existing condition, it was nearly impossible for her to get decent healthcare coverage before the ACA.

"All that we had put away in retirement funds, nearly \$70,000, had to be tapped in order to cover our health costs," she wrote. If it weren't for the coverage she gained through the Affordable Care Act, she and her husband would have lost everything they had worked for, quite likely, including their home.

Instead, with the ACA, her family is once again saving for retirement, completing some overdue home repairs, and getting their medical needs taken care of at an affordable price. All of that will go away if this House follows through on its political crusade to wipe away the Affordable Care Act without a replacement.

Mr. Speaker, there are millions of Suzie Claytons in this country, millions of people who will lose their homes, lose their savings, and some will even lose their lives if this Congress repeals the Affordable Care Act without a replacement.

In my home State of Connecticut alone, 180,000 people who have gained coverage since the ACA was implemented stand to lose their health care. That includes 43,000 children.

Think about that for a moment. If Congress repeals the ACA and doesn't replace it with anything, 43,000 children just in my State will lose their health coverage. When those children get sick, too many of their parents will be faced with a heart-wrenching choice: bankrupt the family to pay for their child's medical care or go without the health services their child needs to get better. All of us here who are parents know that that isn't really a choice.

Mr. Speaker, I ask my colleagues who are beating the drum for wholesale elimination of the Affordable Care Act: How can you, in good conscience, take away the health care from 43,000 children in my State just to score a political point? How can you throw our healthcare system into chaos just because you are in a political jam?

Let's work together. Let's work together to improve our healthcare system. Let's forge a sensible, bipartisan approach to lower healthcare costs and ensure access to quality care for everyone.

The politics of ObamaCare, no matter how fraught and divisive, should not, must not take priority over the well-being of the American people that we are here to serve.

WOMEN'S MARCH ON WASHINGTON

The SPEAKER pro tempore. The Chair recognizes the gentleman from Illinois (Mr. GUTIERREZ) for 5 minutes.

Mr. GUTIERREZ. Mr. Speaker, let me tell you where I will not be on Inauguration Day. I will not be here or outside at the inauguration ceremony. I will be in Washington late that evening because the event that I am going to is on January 21. It is the Women's March on Washington.

You can get more information on Facebook, which is how I heard about it, or should I say, how my wife, Soraida, heard about it. I said to her a little after the election: You know, honey, I don't think I can go to D.C. and watch Donald Trump get sworn in.

And she said: Oh, you are going to D.C., just not for that. And she told me about the Women's March. She said: You and I are going together.

Now, I can already hear the phones ringing in my office with people calling to say: Oh, you Democrats are sore losers and you just hate Republicans.

No. I went to George Bush's inauguration and I work with Republicans all the time. Just read Breitbart, which seems to write an article anytime I even glance favorably at a Republican colleague.

But this is different. I knew that George W. Bush and I would disagree on many issues from trade to health care, to the war in Iraq, but I never thought that George W. Bush was trying to make my own country hostile to

me personally, to my wife, to my daughters, to my grandson. I never felt he was a threat to the Nation that I love so deeply and have served now for more than a quarter of a century.

The reason that I am not going is that I cannot bring myself to justify morally or intellectually the immense power we are placing in that man's hands.

I could not look at my wife, my daughters, or my grandson in the eye if I sat there and attended as if everything that the candidate said about the women, about the Latinos, the Blacks, the Muslims or any of the other things he said in those speeches and tweets, and that all of that is okay or erased from our collective memory.

We all heard the tape when Donald Trump was bragging—bragging—about grabbing women by their private parts without their consent. It is something I just can't unhear, bragging to that guy on TV that he would grab women below the belt, as if that was hitting on them. Sorry. It is never okay. It is never just locker room talk. It is offensive and, if he ever actually did it, it is a crime.

I hang out with Republicans, with Republican-elected officials in an actual locker room in the Rayburn Building, and if they ever started talking like that, I wouldn't just walk away. I would tell them to their faces that they are wrong, and I wouldn't allow it to go unnoticed or dismissed as normal or excusable. I don't know a Republican colleague of mine in this body who would let that type of comment just slide as if it were just okay.

So that is why I will hold hands with my wife and march with the women on January 21 in D.C. And that is why I am calling on all of my progressive allies to come and march with the women as well. If you care about a living wage, come and join the women. If you care about the environment, come and join the march. We know as a society that when women win, we all win. So I plan to be there.

It is deeply personal and deeply patriotic to march, to make my opinions known by walking with my allies arm in arm. I want to be able to look at my two beautiful Latina daughters and my beautiful half-Puerto Rican, half-Mexican, but 100 percent American grandson, Luis Andres, in the eye with a clear conscience.

When the new President denigrates Latinos or Mexicans or immigrants as drug dealers and criminals, I want to be able to say that I did not condone or allow that type of speech to go mainstream. That was not normalized on my watch.

Because the future President said that the American-born children of immigrants were not capable of being American judges, I cannot sit there as if this inauguration is okay and I forgave him.

I am deeply honored to return to the U.S. Congress, and I want to thank the people of the Fourth Congressional District. My constituents knew that when